



Stroke and Turn Judge Clinic

Clinic Instructor: Rachel Wilson

arcsandsparks@gmail.com

859.948.9033

Materials

- Sign-In
 - Name, Email, Phone, Team
- Materials
 - Official's Briefing
 - DQ slips
 - Presentation will be emailed

Clinic Overview

- Introduction
 - Expectations and Professional Conduct
 - Technical Rules
 - Working a Dual Meet
 - Working at Conference
 - Questions
- 

Philosophy of Officiating

- Everything is grounded in the rules. The rules determine what is allowed and what is not.
 - “Ugly but legal”
 - Officials are NOT coaches
- Observers, not inspectors
- Observation should be consistent for all rules and all swimmers. (E.g. same rules apply to a 5 yr old as a 19 yr old)
- Do NOT infer or guess or assume- see what you call & call what you see
- Swimmer ALWAYS gets the benefit of the doubt

Teamwork

- Meet Referee is in charge, assisted by Deck Referees and Chief Judges
 - CKSDC Dual meet- the Starter is in charge of running the meet
- Cooperate and respect all at all times
- Accept assignment
- Answer questions from Referees and Chief Judges honestly and with as much detail as possible
 - Dual meet- write on DQ slips
 - Conference, be prepared to share your observation
- Follow established relief protocols

Uniform and Self-Presentation

- No Uniform for Dual meets! Be comfortable.
- Conference Uniform Requirements
 - White shirt
- Look professional at all times!



Conduct Expectations

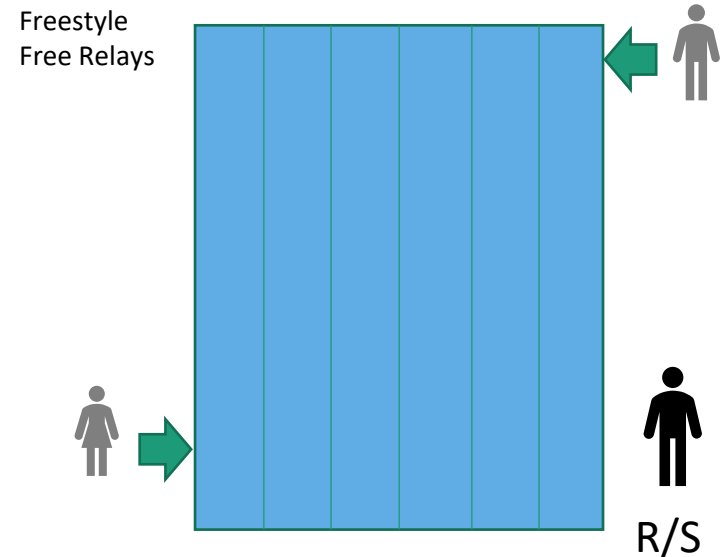
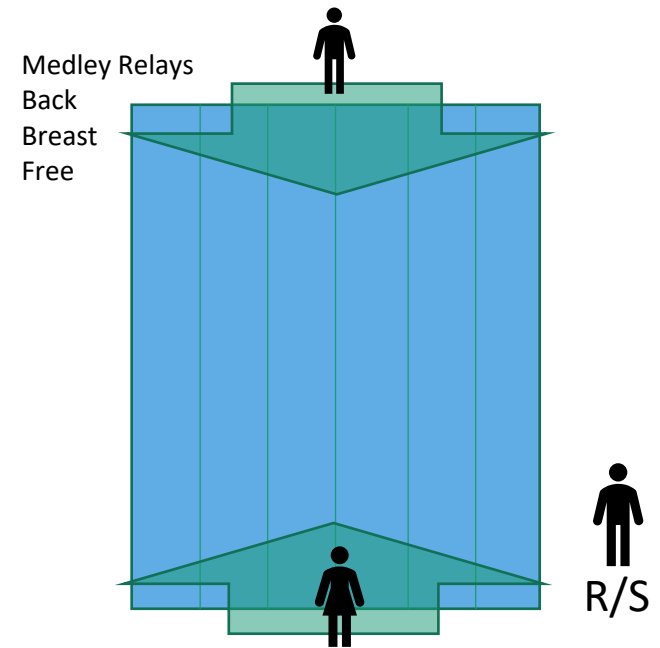


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- Be positive, Smile! We are here for the swimmers!
- No cell phone usage on deck
- Do not cheer for coach or swimmers
- Control emotions on deck
- Do not discuss calls with anyone other than Referees or Chief Judges unless asked.
 - During Dual meets- coaches receive slips after the meet, ok to chat afterwards. No conversation at conference

Jurisdiction

- Not all pools are shaped alike, determine jurisdiction before the meet, focus on your assigned area
- See as far as you can see, make calls based upon what you see, not a guess
- Constantly scan the lanes giving equal coverage to swimmers in each lane. In the event of empty lanes, continue to scan evenly to give equal scrutiny to all swimmers
- For 2022, ST Officials to be stationed at the start/turn ends of the pool, they may move to corners for freestyle relays and freestyle stroke events (See diagram)



Helpful Tips –

- ✓ Attend the timers meeting to receive DQ slips & heat sheets
- ✓ Be in position at least 5 minutes early
- ✓ Raise hand when making a call – a runner should collect
- ✓ Circle & note a DQ on your heat sheet before writing the slip
- ✓ Fill out DQ slip properly
- ✓ Rotate among your team so all may be comfortable
- ✓ Pay attention to the swimmer's head, hands, feet

Definitions

- **Arm**—That part of the body that extends from the shoulder to the wrist
- **Finish**—When a swimmer touches the wall at the end of the prescribed distance
- **Simultaneously**—Occurring at the same time
- **Touch**—Contact with the end of the course
- **Turn**—A point where the swimmers reverse or change direction
- **Vertical**—Perpendicular to the water surface
- **Wall**—Vertical portion of the pool
- **Horizontal**—Parallel to the surface of the water
- **On the Back**—Body position when the shoulders are at or past vertical towards the back
- **On the Breast**—Body position when the shoulders are at or past vertical towards the breast
- **Propulsive**—Having the power to propel
- **Scissor Kick**—Use of the top of the instep of one foot and the bottom of the other foot in the propulsive part of the kick

Technical Rules

- Freestyle
- Backstroke
- Butterfly
- Breaststroke
- Relays



15 meter mark

Technical Rules- Freestyle

Start

- Forward start.

Stroke/Kick

- Any style may be used. Must break surface throughout the race except swimmer may be submerged after start and each turn not more than 15 meters where head must break surface.

Turns/Finish

- Some part of swimmer must touch the wall at completion of each length or required distance.

Common Infractions- Freestyle

- Head did not break surface of water by 15 meter mark
- Walking on/springing from bottom
- Pulling on Lane Lines
- No touch at turn

FREESTYLE

NO TOUCH AT TURN 2 (4K) _____ OTHER: PULLING ON LANE LINE (7S) _____

OTHER: PROPELLING FROM BOTTOM OF POOL (7S) _____

HEAD DID NOT BREAK SURFACE BY 15M (4N) _____

MISCELLANEOUS

FALSE START (7O) _____ DID NOT FINISH (7Q) _____

OTHER (6T) _____

Technical Rules- Backstroke

[Backstroke Video](#)

Start

- In water facing start end with both hands on gutter or starting grips.
Guttered pool- Feet/toes may be above the water, but may not be in, on, above lip, or bent over the gutter at any time before or after start.

Stroke/Kick

- Any style as long as swimmer remains on the back.

Turns

- May turn in any fashion, as long as shoulders at or past vertical toward back when feet leave wall.
- May not take multiple strokes while on breast.
- Kicking into the wall is allowed in CKSDC, but not USA Swimming

Finish

- Some part of swimmer must touch the wall while on the back.

Common Infractions-Backstroke

- Toes above lip of gutter after start
- Shoulders past vertical towards breast (swim, turn, finish)

BACKSTROKE START ____ SWIM ____ TURN ____ FINISH ____
NO TOUCH AT TURN #2 (2I) ____
PAST VERTICAL AT TURN:
2 OR MORE STROKES ON BREAST INTO THE WALL (2U) ____
NOT ON BACK OFF WALL (2K) ____
TOES OVER THE LIP OF GUTTER AFTER THE START (2P) ____
SHOULDERS PAST VERTICAL TOWARDS BREAST DURING SWIM (2L) ____
HEAD DID NOT BREAK SURFACE BY 15M (2N) ____
SUBMERGED AT THE FINISH (2R) ____
SHOULDERS PAST VERTICAL TOWARDS BREAST DURING FINISH (2L) ____
OTHER (2T): PULLING ON LANE LINE ____
OTHER (2T): _____



Technical Rules- Butterfly

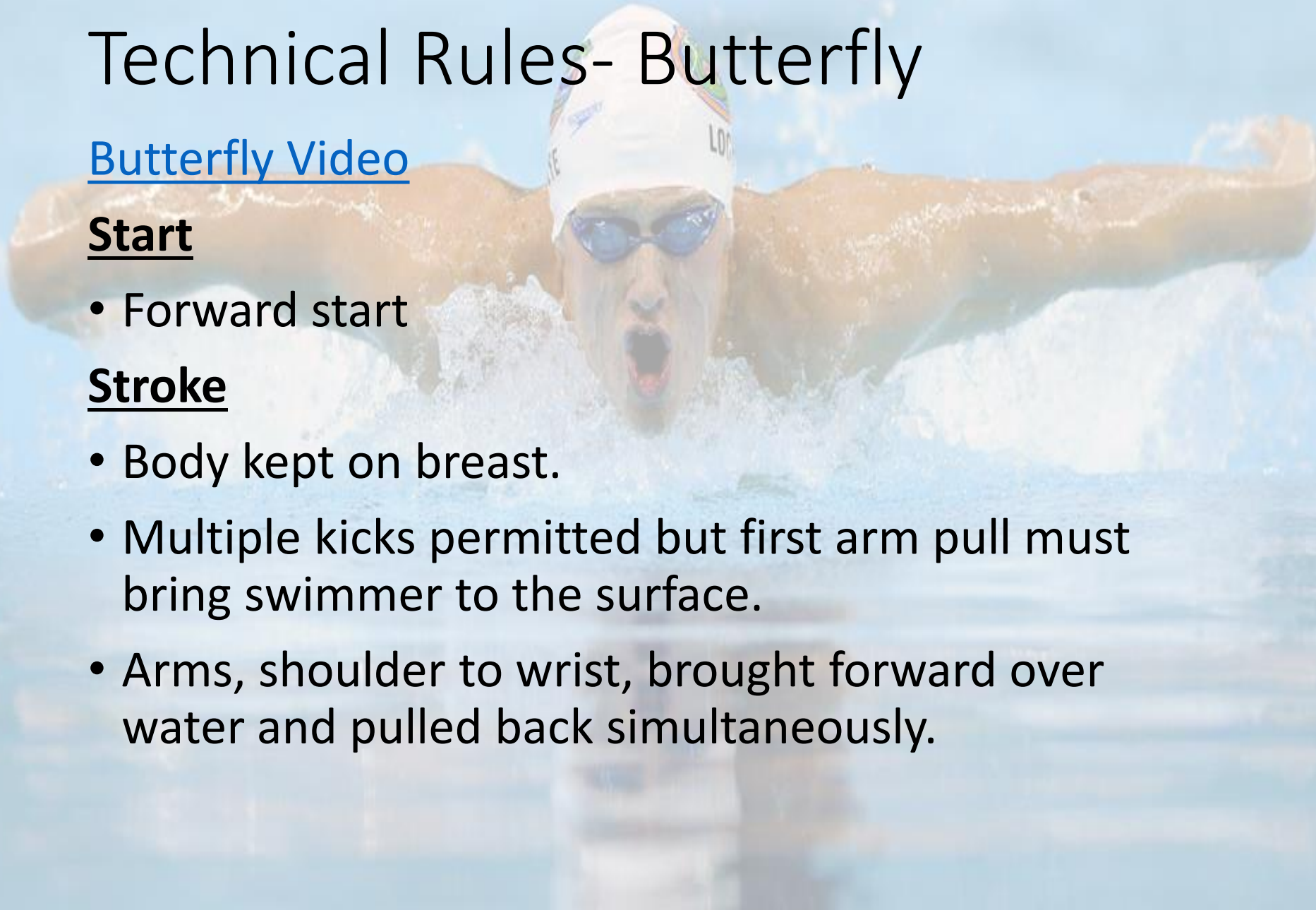
[Butterfly Video](#)

Start

- Forward start

Stroke

- Body kept on breast.
- Multiple kicks permitted but first arm pull must bring swimmer to the surface.
- Arms, shoulder to wrist, brought forward over water and pulled back simultaneously.



Technical Rules- Butterfly

Kick

- Simultaneous up and down movement.
- No alternating, scissors, or breaststroke kicking movements.

Turns/Finish

- Shoulders at or past vertical toward breast when the swimmer leaves the wall.
- **Touch** should be made with both hands separated and simultaneous at, above, or below the water surface.

Common Infractions- Butterfly

- Alternating kick
- Breaststroke kick
- Scissors kick
- Non-simultaneous arms
- Underwater recovery
- One hand touch
- Non-simultaneous touch

BUTTERFLY START ____ SWIM ____ TURN ____ FINISH ____
KICK: ALTERNATING (1A) ____ BREAST (1B) ____ SCISSORS (1C) ____
ARMS: NON-SIMULTANEOUS (1E) ____ UNDERWATER RECOVERY (1F) ____
TOUCH: ONE HAND (1J) : LEFT ONLY ____ RIGHT ONLY ____
 NOT SEPARATED (1H) ____
 NON-SIMULTANEOUS (1L) ____ NO TOUCH (1K) ____
NOT TOWARD THE BREAST OFF WALL (1M) ____
HEAD DID NOT BREAK SURFACE BY 15M (1N) ____
OTHER (1T): PULLING ON LANE LINE ____
OTHER: (1T): _____

Technical Rules- Breaststroke

[Breaststroke Video](#)

Start

- Forward start.

Stroke

- Body kept on breast.
- Stroke cycle is one arm pull and one leg kick in that order.
- Simultaneous arm movement in same horizontal plane.
- After start and each turn one arm stroke may be completely back to legs. Head must break surface at widest part of second pull.
- Recovery by the hands from the breast-on, under, or over the water. Elbows under water except last stroke before turn or finish.

Technical Rules- Breaststroke

Kick

- After start and each turn, prior to the first breaststroke kick, a single butterfly kick is permitted.
- Movement of the legs shall be simultaneous vertically and horizontally.
- Feet turned out during propulsive part of kick.
- No alternating, scissors, or butterfly kick, except as stated, is allowed.

Turns/Finish

- Shoulders at or past vertical toward breast when feet leave wall.
- Touch shall be made with both hands separated and simultaneously at, above, or below the water surface.
- At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted.
- Head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete stroke cycle preceding the touch.

Common Infractions- Breaststroke

- Head did not break surface of water by widest part of second stroke
- Butterfly kick
- Scissors kick
- Alternating kick
- Arms past hipline
- Arms not in same horizontal plane
- One hand touch
- Non-simultaneous touch

BREASTROKE START ___ SWIM ___ TURN ___ FINISH ___
KICK: ALTERNATING (3A) ___ BUTTERFLY (3C) ___ SCISSORS (3D) ___
ARMS: PAST HIPLINE (3E) ___ NON-SIMULTANEOUS (3F) ___
2 STROKES UNDER (3G) ___ NOT IN SAME HORIZONTAL PLANE (3H) ___
ELBOWS RECOVERED OVER WATER (3I) ___
TOUCH: ONE HAND (3J) LEFT ONLY ___ RIGHT ONLY ___
NOT SEPARATED (3N) ___ NON-SIMULTANEOUS (3L) ___
NO TOUCH (3K) ___
NOT TOWARD THE BREAST OFF WALL (3M) ___
CYCLE: KICK BEFORE PULL (3Q) ___ HEAD NOT UP (3P) ___
DOUBLE PULLS/KICKS (3S) ___
OTHER: PULLING ON LANE LINE (3T) ___ TOES NOT POINTED OUT (3U) ___
OTHER (3T): _____



Technical Rules- Relays

[Relay Video](#)

Freestyle Relay

- Freestyle rules apply.
- Each swimmer must swim $\frac{1}{4}$ of distance.

Medley Relay

- Rules pertaining to each stroke apply.
- Each swimmer must swim $\frac{1}{4}$ of event distance as prescribed stroke, in order of Backstroke, Breaststroke, Butterfly, and Freestyle.
- May not swim in the style of the other three strokes during the freestyle leg.

Takeoffs

- Swimmer's feet/foot must remain in contact with the starting platform until the incoming swimmer has touched the finish wall or pad.

Kentucky Swimming, Inc. Relay Take-Off Judge Sheet

Event _____ Heat _____

Circle if OK (2-3) Mark Out if Early ~~X~~

| | | | |
|--------|-----|-----|-----|
| Lane 1 | 1-2 | 2-3 | 3-4 |
| Lane 2 | 1-2 | 2-3 | 3-4 |
| Lane 3 | 1-2 | 2-3 | 3-4 |
| Lane 4 | 1-2 | 2-3 | 3-4 |
| Lane 5 | 1-2 | 2-3 | 3-4 |
| Lane 6 | 1-2 | 2-3 | 3-4 |
| Lane 7 | 1-2 | 2-3 | 3-4 |
| Lane 8 | 1-2 | 2-3 | 3-4 |

Filling out the DQ slips

EVENT# _____ HEAT _____ LANE _____
 SWIMMER _____ TEAM _____

BUTTERFLY START _____ SWIM _____ TURN _____ FINISH _____
 KICK: ALTERNATING (1A) _____ BREAST (1B) _____ SCISSORS (1C) _____
 ARMS: NON-SIMULTANEOUS (1E) _____ UNDERWATER RECOVERY (1F) _____
 TOUCH: ONE HAND (1J) : LEFT ONLY _____ RIGHT ONLY _____
 NOT SEPARATED (1H) _____
 NON-SIMULTANEOUS (1L) _____ NO TOUCH (1K) _____
 NOT TOWARD THE BREAST OFF WALL (1M) _____
 HEAD DID NOT BREAK SURFACE BY 15M (1N) _____
 OTHER (1T): PULLING ON LANE LINE _____
 OTHER: (1T): _____

BACKSTROKE START _____ SWIM _____ TURN _____ FINISH _____
 NO TOUCH AT TURN #2 (2I) _____
 PAST VERTICAL AT TURN:
 2 OR MORE STROKES ON BREAST INTO THE WALL (2U) _____
 NOT ON BACK OFF WALL (2K) _____
 TOES OVER THE LIP OF GUTTER AFTER THE START (2P) _____
 SHOULDERS PAST VERTICAL TOWARDS BREAST DURING SWIM (2L) _____
 HEAD DID NOT BREAK SURFACE BY 15M (2N) _____
 SUBMERGED AT THE FINISH (2R) _____
 SHOULDERS PAST VERTICAL TOWARDS BREAST DURING FINISH (2L) _____
 OTHER (2T): PULLING ON LANE LINE _____
 OTHER (2T): _____

BREASTSTROKE START _____ SWIM _____ TURN _____ FINISH _____
 KICK: ALTERNATING (3A) _____ BUTTERFLY (3C) _____ SCISSORS (3D) _____
 ARMS: PAST HIPLINE (3E) _____ NON-SIMULTANEOUS (3F) _____
 2 STROKES UNDER (3G) _____ NOT IN SAME HORIZONTAL PLANE (3H) _____
 ELBOWS RECOVERED OVER WATER (3I) _____
 TOUCH: ONE HAND (3J) LEFT ONLY _____ RIGHT ONLY _____
 NOT SEPARATED (3N) _____ NON-SIMULTANEOUS (3L) _____
 NO TOUCH (3K) _____
 NOT TOWARD THE BREAST OFF WALL (3M) _____
 CYCLE: KICK BEFORE PULL (3Q) _____ HEAD NOT UP (3P) _____
 DOUBLE PULLS/KICKS (3s) _____
 OTHER: PULLING ON LANE LINE (3T) _____ TOES NOT POINTED OUT (3T) _____
 OTHER (3T): _____

FREESTYLE
 NO TOUCH AT TURN 2 (4K) _____ OTHER: PULLING ON LANE LINE (7S) _____
 OTHER: PROPELLING FROM BOTTOM OF POOL (7S) _____
 HEAD DID NOT BREAK SURFACE BY 15M (4N) _____

RELAYS
 STROKE INFRACTION: SWIMMER # _____ EARLY TAKE OFF SWIMMER # _____

MISCELLANEOUS
 FALSE START (7O) _____ DID NOT FINISH (7Q) _____
 OTHER (6T) _____

JUDGE: _____
(print name clearly)

REFEREE: _____
(print name clearly)

Event 50 Boys 9-10 50 Yard Butterfly

| Name | Age | Team | Seed Time |
|-------------------------------|-----|------|-----------|
| --- No entries for this event | | | |

Event 51 Girls 11-12 50 Yard Butterfly

| Lane Name | Age | Team | Seed Time |
|---------------------------|----------------------|------------|-----------|
| Heat 1 of 1 Finals | | | |
| 1 | | | |
| 2 | Shepard, Peyton S | 11 TNT-KY | 50.96 |
| 3 | Southworth, Aubrey L | 12 GSCS-KY | 34.71 |
| 4 | Wedeking, Lauren A | 11 PACK-KY | 32.62 |
| 5 | Batten, Natalie B | 12 GSCS-KY | 32.68 |
| 6 | Wright, Kennedy L | 12 GSCS-KY | 44.35 |
| 7 | Russell, Hannah B | 12 TNT-KY | 54.19 |
| 8 | | | |

Event 52 Boys 11-12 50 Yard Butterfly

| Lane Name | Age | Team | Seed Time |
|---------------------------|-------------------|-----------|-----------|
| Heat 1 of 1 Finals | | | |
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | Graham, Preston A | 12 TNT-KY | 43.51 |
| 5 | Abshear, Aidan L | 12 TNT-KY | 43.51 |
| 6 | | | |
| 7 | | | |
| 8 | | | |

Event 53 Girls 10 & Under 25 Yard Breaststroke

| Lane Name | Age | Team | Seed Time |
|---------------------------|---------------------|-----------|-----------|
| Heat 1 of 1 Finals | | | |
| 1 | | | |
| 2 | Singleton, Gracee M | 5 CSC-KY | NT |
| 3 | Smith, Amelia E | 8 PACK-KY | NT |
| 4 | Hasler, Vivian L | 8 PACK-KY | NT |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| 8 | | | |

| | | | |
|---|------------------|----------|-------|
| 7 | Singleton, Gus L | 9 CSC-KY | 34.84 |
| 8 | | | |

Event 55 Girls 8 & Under 50 Yard Backstroke

| Lane Name | Age | Team | Seed Time |
|---------------------------|------------------|-----------|-----------|
| Heat 1 of 1 Finals | | | |
| 1 | | | |
| 2 | | | |
| 3 | Perry, Ella R | 8 PACK-KY | 56.24 |
| 4 | Hasler, Vivian L | 8 PACK-KY | 49.00 |
| 5 | Hoffman, Becca E | 8 CSC-KY | 53.45 |
| 6 | | | |
| 7 | | | |
| 8 | | | |

Event 56 Boys 8 & Under 50 Yard Backstroke

| Lane Name | Age | Team | Seed Time |
|---------------------------|----------------|-----------|-----------|
| Heat 1 of 1 Finals | | | |
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | Liew, Samuel I | 8 PACK-KY | 52.28 |
| 8 | | | |

Event 57 Girls 9-10 50 Yard Backstroke

| Lane Name | Age | Team | Seed Time |
|---------------------------|-----------------------|------------|-----------|
| Heat 1 of 2 Finals | | | |
| 1 | Tackett, Cora L | 9 TNT-KY | NT |
| 2 | Godman, Brooke L | 9 TNT-KY | 50.73 |
| 3 | Shepard, Rylee M | 9 TNT-KY | 48.89 |
| 4 | Briese, Finley G | 10 CSC-KY | 46.07 |
| 5 | Stephens, Emily C | 10 GSCS-KY | 48.39 |
| 6 | King, Caroline J | 9 PACK-KY | 49.29 |
| 7 | Wahnsiedler, Sofia L | 9 GSCS-KY | 52.16 |
| 8 | | | |
| Heat 2 of 2 Finals | | | |
| 1 | Southworth, Anna Kate | 10 GSCS-KY | 42.74 |
| 2 | Sheets, Hailee E | 9 GSCS-KY | 40.84 |
| 3 | Coyle, Ella T | 10 TNT-KY | 38.54 |
| 4 | Robinson, Layla A | 10 TNT-KY | 37.86 |
| 5 | Boggs, Jocelyn E | 10 GSCS-KY | 38.28 |
| 6 | Horvath, Madison A | 10 PACK-KY | 40.01 |
| 7 | Creech, Ava G | 10 PACK-KY | 42.11 |
| 8 | Hird, Hadley A | 9 TNT-KY | 44.68 |

QUESTIONS?

Exceptions

101.7 EXCEPTIONS

- .1 Starts: The use of whistle starts at dual meets is optional. Whistle start are encouraged, however, as they will be used at the Conference Championship Meet.
- .2 Backstroke turn: The swimmer may glide or kick into the wall in a non-continuous turning motion but only one arm pull is permitted.
- .3 Backstroke starts: a towel may not be placed in the gutter for backstroke starts or turns. Use of swimmer's legs is not allowed for start of backstroke
- .4 15 meter mark (16.4 yards): This rule may only be enforced if there is an adequate marker to indicate 15 m. for both swimmer and official.